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**THURSDAY, 11 AM PLENARY SESSION**

**Adapting to Climate Change**

Moderated by Juliet Eilperin, *Washington Post*. Government leaders from White House, Navy, NASA and PNNL will address the challenges of planning and building for climate-driven changes.

**Information at [www.GOVgreen.org/204](http://www.GOVgreen.org/204)**

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**Tuesday**

NOVEMBER 29, 2011 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



#### SIGNS OF PROGRESS

**Egyptians vote for the first time** since Mubarak's ouster **6**

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**Barney Frank** says he's leaving Congress after his 16th term **3**



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**Which cloud-based system** is the best fit for music lovers? **28**



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**TIME'S UP**

In need of a spark, the reeling Caps ax Bruce Boudreau after four years of mixed success **9**

PLUS, HOW NEW COACH DALE HUNTER WILL CHANGE THE CAPS' CULTURE **SPORTS, 13**

DAVE SANDFORD/INHL VIA GETTY IMAGES



eye openers

**“I set out to make fun of the premise of the movie and how dumb it is. But then I started getting a readership, and I ended up being trapped into becoming the thing that I hated the most.”**



— **LAWRENCE DAI**, PROPRIETOR OF THE BLOG LAWRENCEANDJULIEANDJULIA.COM, HAS WATCHED THE AMY ADAMS FILM “JULIA AND JULIA” EVERY DAY FOR A YEAR. HIS FINAL VIEWING IS SLATED FOR TONIGHT AT A DENVER THEATER. “I’D LIKE TO BELIEVE THAT I’VE DONE SOMETHING MEANINGFUL HERE,” DAI TOLD THE DENVER POST. “BUT REALISTICALLY SPEAKING, NO. I’VE JUST WATCHED A MOVIE A WHOLE BUNCH OF TIMES AND NOT REALLY LEARNED ANYTHING FROM IT.” (EXPRESS)

**SAFETY**  
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A Freiburg, Germany, man has filed charges against Pope Benedict XVI for, he says, not wearing a seat belt in the popemobile while touring Germany this past September, according to the newspaper Der Westen. Were this to be taken seriously, the pope could be fined between 30 and 2,500 euros. The man’s attorney entered a YouTube clip of the pope’s stop in Freiburg, which shows him not wearing a seat belt in his Mercedes-Benz popemobile. (EXPRESS)

**The Big Picture**

WIN MCNAMEE/GETTY IMAGES



**TIMBERRRRRRRRRRRRRRR!** The Capitol Christmas Tree is installed by workers of the office of the Architect of the Capitol on Monday. The tree is a 65-foot-tall Sierra white fir from the Stanislaus National Forest in California. (GETTY)



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Artwork by Donna Butnik



# Frank Not Seeking Re-election

Often-acerbic Mass. representative cites redistricting changes

Newton, Mass.

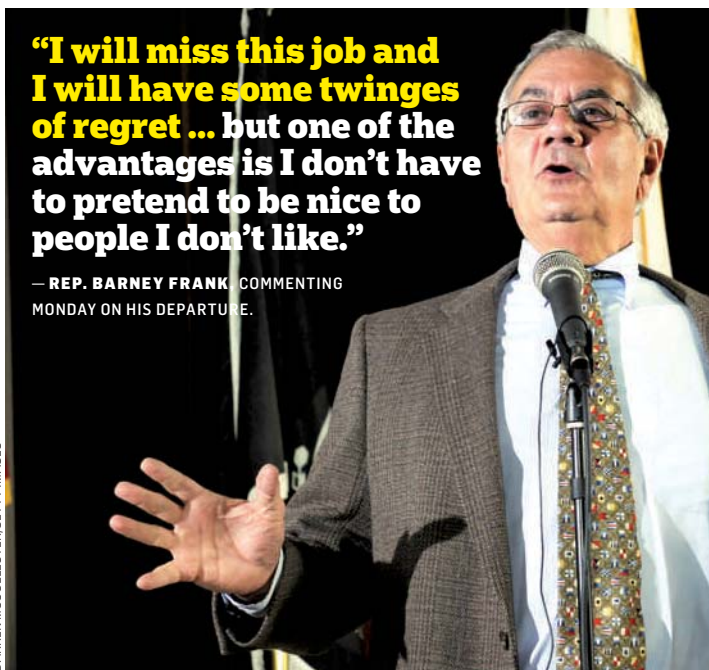
Democratic Rep. Barney Frank, a gay pioneer in Congress and a Massachusetts liberal whose name as well as fingerprints are on last year's sweeping bill regulating Wall Street, announced plans Monday to retire at the end of his current term, his 16th in Congress.

"There are other things I would like to do with my life," the 71-year-old lawmaker said at a news conference. He added that his retirement plans were hastened by two years by reapportionment, which moved 325,000 new constituents into his district.

Frank's career has traced an arc from early promise to near career-wrecking scandal to legislative triumph, accompanied by a quick-witted intelligence and an often partisan and frequently acerbic speaking style. Unusual for a politician, his appearance is routinely less-than impeccable, and he once

**"I will miss this job and I will have some twinges of regret ... but one of the advantages is I don't have to pretend to be nice to people I don't like."**

— REP. BARNEY FRANK COMMENTING MONDAY ON HIS DEPARTURE.



**17** The number of House Democrats, so far, who have announced their intentions not to seek another term, including Rep. Barney Frank, D-Mass.; and Rep. Charlie Gonzalez, D-Texas, who have both announced their retirement in recent days.

**9** The number of House Democrats who plan to quit, rather than seek higher office in the 2012 election. While the number is more than Democrats lost in previous election cycles, it's still far less than the exodus that generally occurs after a party loses House control. (THE WASHINGTON POST)

distributed posters as a candidate for the Massachusetts Legislature that said, "Neatness isn't everything. Re-elect Barney."

In Congress, Frank has fought for years to hold down what he viewed as excessive military spending, and said one of his objectives for his final year in office is to make sure the Pentagon shares in any deficit-cutting measures that take place.

President Obama hailed Frank's "passion and his quick wit." He praised his work to expand affordable housing, end discrimination against gays, lesbians, bisexuals and transgendered individuals and enact "the most sweeping financial reform in history."

At his news conference, Frank said he intends to remain active on issues he is concerned about, pledging to defend the year-old Dodd-Frank financial regulatory bill that many Republicans want to repeal.

"I think I will find my motives less impugned and I will be able to talk more about the merits" once he is no longer a member of Congress, he said. BOB SALSBERG AND DAVID ESPO (AP)

## In Brief

HARRISBURG, PA.

### Sandusky's Charity Asks Donors to Give Elsewhere

A charity for at-risk children founded by former Penn State assistant football coach Jerry Sandusky, now charged with molesting boys, asked its donors on Monday to instead give their money to an organization for sexual-assault victims. The Second Mile's recommendation to donate money to the Pennsylvania Coalition Against Rape. (AP)

ATLANTA

### More Parents Opting Out Of School Shots for Kids

A rising number of parents in more than half of the states are opting out of school shots for their kids. And in eight states, more than 1 in 20 public school kindergartners do not get all the vaccines required for attendance, an Associated Press analysis found. (AP)

LOS ANGELES

### Occupy Protesters Calm After Deadlines, Arrests

Wall Street protesters in Los Angeles and Philadelphia defied orders to leave their months-old encampments, making it through the deadlines without the acrimony that marked earlier forced evictions in other cities. Protesters chanted "We won, we won" as riot gear-clad Los Angeles police left on Monday, though there were four arrests. (AP)



**Formula Freebies Forbidden:** New mothers in Rhode Island will no longer leave the hospital with a free goody bag of infant formula. To encourage breastfeeding, the state's seven birthing hospitals stopped formula giveaways this fall, apparently making it the first state to end the widespread practice. State health officials hailed the decision, noting that breastfeeding has been proved healthier than formula for both infants and mothers. (AP)

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## Nation

# \$285M SEC-Citigroup Deal Killed

Judge strikes down pact, says it's 'neither fair, nor reasonable'

### New York

A judge on Monday used unusually harsh language to strike down a \$285 million settlement between Citigroup and the Securities and Exchange Commission over toxic mortgage securities, saying he couldn't tell whether the deal was fair and criticizing regulators for shielding the public from details of the firm's wrongdoing.

U.S. District Judge Jed Rakoff said the public has a right to know what happens in cases that touch on "the transparency of financial markets whose gyrations have so depressed our economy and debilitated our lives." In such cases, the SEC has a responsibility to ensure that the truth emerges, he wrote.

### Ruling Could Alter Future SEC Decisions

**If Judge Jed Rakoff's ruling on the SEC-Citigroup deal stands**, it could alter the way the Securities and Exchange Commission does business and make it harder for Wall Street companies to make cases go away. The SEC has said that without settlements, it would be forced to battle cases in court, tying up limited resources. As a result, the SEC said, it would be able to pursue fewer cases. In pushing for settlements, the SEC has argued that defendants would refuse to settle many cases if they were forced to admit wrongdoing. Such an admission could be used against defendants in private lawsuits. (THE WASHINGTON POST)

Rakoff said he had spent hours trying to assess the settlement but concluded that he had not been given "any proven or admitted facts upon which to exercise even a modest degree of independent judgment." He called the settlement "neither fair, nor reasonable, nor adequate, nor in the public interest."

The SEC shot back in a statement, saying the deal was all four of those things and "reasonably reflects the scope of relief that would be obtained after a successful trial."

ful trial."

The SEC had accused the bank of betting against a complex mortgage investment in 2007 — making \$160 million in the process — while investors lost millions. The settlement would have imposed penalties on Citigroup but allowed it to deny allegations that it misled investors.

Citi said it was reviewing the decision and declined to comment. Rakoff set a July 16 trial date for the case. LARRY NEUMEISTER (AP)

## New Cain Accuser Alleges Affair

### Washington

A Georgia businesswoman said Monday she and Herman Cain had a 13-year extramarital affair, an allegation the Republican presidential hopeful



White

denied as strongly as earlier accusations of sexual harassment.

"Here we go again. I didn't do anything wrong," Cain said on CNN. He acknowledged he knew the woman who was behind the accusation.

Moments after Cain issued a pre-emptive denial, an Atlanta television station posted a story to its website

quoting a woman identified as Ginger White as saying, "It wasn't complicated. I was aware that he was married. And I was also aware I was involved in a very inappropriate situation, relationship."

Cain's lawyer, Lin Wood, said the former businessman has no obligation to "discuss these types of accusations publicly with the media and he will not do so even if his principled position is viewed unfavorably by members of the media."

The statement drew a distinction between "private alleged consensual conduct between adults" and a case of harassment. It did not include an explicit denial of an affair along the lines that Cain himself provided in his television interview. HENRY C. JACKSON (AP)

### Hearsay



**"My staff overreacted to this tweet, and for that I apologize. Freedom of speech is among our most treasured freedoms."**

— KANSAS GOV. SAM BROWNBACK, REFERRING MONDAY TO HIS OFFICE'S CONTACTING HIGH-SCHOOLER EMMA SULLIVAN LAST WEEK AFTER SHE TWEETED NEGATIVELY ABOUT BROWNBACK. HER SCHOOL ASKED HER TO APOLOGIZE. SHE REFUSED.

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**From Friday, December 2 at 10 p.m. to Sunday, December 4 at closing:** Buses replace trains on the Red Line between Glenmont and Rhode Island Ave stations.

Temporarily closing stations and suspending train service is necessary while Metro performs cable work, replaces track circuit modules according to NTSB recommendations and rehabilitates Brookland station and sections of track.

**Also from Friday, December 2 at 10 p.m. to Sunday, December 4 at closing:** Buses replace trains on the Orange Line between Cheverly and Deanwood stations.

Temporarily suspending train service is necessary while Metro stabilizes an embankment in the area.

For information about shuttle bus service, parking and alternate routes, please visit **MetroForward.com** or call 202-637-7000.

Track work projects like this are part of Metro's commitment to building a better ride for you.

# World

## In Brief

### VIENNA

#### Abbas Sets Voting Date

Palestinian President Mahmoud Abbas on Monday set May 4 as the date for general elections meant to end a long-standing rift that has left his people divided between rival governments since Hamas militants overran Gaza in 2007. Hamas controls Gaza, while Abbas' Palestinian Authority governs in the West Bank. (AP)

### BAGHDAD

#### Prison Bombing Kills 19

A suicide bomber slammed a car packed with explosives into the gate of a prison north of Baghdad on Monday, killing at least 19 people, Iraqi officials said. The prison bombing in Taji is the third major attack in about a week in Iraq and raises questions about the ability of Iraqi forces to protect the country after U.S. troops leave in just over a month. (AP)

### LONDON

#### Panel: Inaction by Police Contributed to U.K. Riots

A weak police response allowed rioting to spread across Britain last summer, an independent panel concluded Monday. The four days of rioting in August were the worst civil disturbances to hit Britain since the 1980s, leaving five people dead and many stores looted after a demonstration over a fatal police shooting in north London turned violent. (AP)

### MOGADISHU, SOMALIA

#### Militants Ban Aid Groups

The Somali militant group al-Shabab on Monday banned 16 aid groups — including six U.N. agencies — from central and southern Somalia, a decision likely to harm Somalis suffering from the country's worst famine in years. The decision seemed to be rooted in the belief that aid groups are serving as spies or as vehicles to undermine support for al-Shabab's strict interpretation of Islam. (AP)



Soldiers guard a line of voters in Alexandria, Egypt, on Monday, the first day of the country's historic parliamentary elections.

# Egyptians Embrace Vote

## Peaceful beginning marks first elections after Mubarak era

### Cairo

Egyptians cast aside worries over a new wave of unrest and waited peacefully in long lines Monday to vote in the first parliamentary elections since Hosni Mubarak's ouster, determined to reap the fruits of their uprising and have their choices count after decades of rigged polls.

The vote is expected to be the cleanest in living memory, and it will serve as a litmus test of whether Egypt will go down a more Islamic path as other countries swept up in the Arab Spring have.

"I never voted, because I was never sure it was for real. This time I hope it is, but I am not positive," said Shahira Ahmed, 45, waiting with about 500 other people at a Cairo polling station.

Since Mubarak's ouster nearly 10 months ago, Egyptians had looked forward to this day in expectation of a celebration of freedom



An Egyptian dips a finger into an ink pot while voting in Cairo on Monday.

## Extended Process

**Egypt's parliamentary election**, which began Monday, is a long and unwieldy process. It will be held in stages divided up by provinces. Voting for the 498-seat People's Assembly, parliament's lower chamber, will last until January, and then elections for the 390-member upper house will drag on until March. Each round lasts two days. Questions remain about how relevant the new parliament will even be, and some voters said they feared vote rigging or ballot stuffing because the ballot boxes would be left at polling stations overnight. (AP)

after years of stifling dictatorship. But deep disappointment with the interim military rulers and a new wave of protests and clashes that began 10 days ago left the country polarized and uncertain.

There was no dancing in the streets, but the mood was hopeful, and even defiant — with many determined to either push the military from power or keep Islamist groups expected to dominate the vote in check.

Despite the enormous problems the country still faces, the millions who voted had a sense that this was a turning point in Egypt's history. HAMZA HENDAWI AND MAGGIE MICHAEL (AP)

# Syrian Forces Slaughtered 256 Children, U.N. Says

### Beirut

A U.N. investigation concluded Monday that Syrian forces committed crimes against humanity by killing and torturing hundreds of children, including a 2-year-old reportedly shot to death so she wouldn't grow up to be a demonstrator.

The inquiry added to mounting international pressure on Pres-

ident Bashar Assad. On Sunday, the Arab League approved sanctions to push his regime to end the violence against protesters.

The report by a U.N. Human Rights Council panel found that at least 256 children were killed by government forces between mid-March and early November, some of them tortured to death.

"Torture was applied equally to adults and children," said the

assessment, released in Geneva.

The U.N. defines a child as anyone under the age of 18. The report was compiled by a panel of experts who were not allowed into Syria. However, the commission interviewed 223 witnesses, including defectors from Syria's military.

At least 3,500 people have been killed since March, the U.N. says, making Syria's response the bloodiest against the Arab Spring. (AP)

## Hearsay



**"The only thing that occurred to me was to run for it."**

— **LUIS ALBERTO ERAZO**, 48, WHO SPENT NEARLY 12 YEARS AS A PRISONER OF COLOMBIA'S MAIN REBEL FORCE, SPEAKING MONDAY, TWO DAYS AFTER HE ESCAPED. FOUR OTHER HOSTAGES WERE KILLED BY THE REBELS SATURDAY DURING AN ATTACK BY GOVERNMENT TROOPS.



**Page-Turners:** The British Library digitized 4 million pages of newspapers from the 18th and 19th centuries and is making them available online Tuesday, in what head of newspapers Ed King calls "a digital Aladdin's cave" for researchers. The majority of the library's 750 million pages of newspapers, the world's largest collection, are currently available only on microfilm or bound in volumes in London, where the journals cover 20 miles of shelves. (AP)



## Hearsay

**“NATO and Afghanistan are trying to wriggle out of the situation by offering excuses. Where are their casualties?”**

— **MAJ. GEN. ATHAR ABBAS**, A PAKISTANI ARMY SPOKESMAN, ON MONDAY, DISPUTING AFGHANISTAN'S CLAIMS THAT AFGHAN AND NATO TROOPS WERE FIRED AT FIRST IN A WEEKEND ALTERCATION THAT LED TO THE DEATHS OF 24 PAKISTANI SOLDIERS. AFGHAN OFFICIALS SAID COALITION TROOPS HAD LAUNCHED A RAID AGAINST SUSPECTED MILITANTS WHEN THEY CAME UNDER FIRE.

## Leaders Scramble to Save Imperiled Euro

Once-taboo options emerge as Europe flounders in debt

### Paris

European leaders rushed Monday to stop a rampaging debt crisis that threatened to shatter their experiment in a common currency and devastate the world economy.

In a measure of how rapidly the peril has grown, ideas unthinkable even three months ago were being

seriously considered, including having nations cede control over their budgets to a central authority, a fiscal union that analysts have said would be a leap toward a United States of Europe.

Another option is for Germany, France, Finland, the Netherlands, Luxembourg and Austria — the six EU nations with AAA credit ratings — to sell bonds together, known as eurobonds, to help other countries.

World markets, glimpsing hope that Europe might finally be

### Meanwhile ...



**President Obama** said Monday the U.S. stands ready to do its part to help Europe amid its debt crisis, even as the White House ruled out any financial contributions from U.S. taxpayers. Obama, at an annual meeting of U.S. and EU officials, offered no specifics on how Washington may be willing to assist Europe. (AP)

shocked into stronger action, had one of their best days in weeks. The Dow Jones industrial average in New York rose 300 points. In France, stocks rose 5 percent.

More relevant to the crisis, borrowing costs for European nations stabilized after rising alarmingly in recent weeks — first in Greece, then in Italy and Spain, then in France and Germany.

Meanwhile, the euro appeared to be in increasing danger. Experts said the euro could fall apart within days without drastic action. (AP)

**70%** The increase in the amount of food that farmers must produce by 2050 to feed the world's expected population of 9 billion, the U.N. said Monday. The first global assessment of the state of the planet's land resources found that most available land is already being farmed, and a quarter of all land is highly degraded. (AP)

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# Caps Can Boudreau

Coach excelled in the regular season but regularly fell short in the playoffs

## The Capitals

Tuned out by his players, coach Bruce Boudreau was fired by the Capitals on Monday after winning 200 games faster than any coach in modern NHL history but stumbling regularly in the playoffs despite a talent-laden lineup featuring two-time league MVP Alex Ovechkin.

Boudreau was replaced by former Capitals captain Dale Hunter, who was greeted by loud cheers from more than 100 fans when he skated onto the ice at Monday's practice. Hunter, never before a coach in the NHL, will make his debut behind the bench Tuesday night when Washington hosts the St. Louis Blues to begin a three-game homestand.

# 17-20

Bruce Boudreau's record in the postseason with the Capitals, who never made it past the second round of the playoffs under the now-fired coach. (AP)

"This was simply a case of the players were no longer responding to Bruce. When you see that, as much as you don't want to make a change, you have to make a change," General Manager George McPhee said.

"Bruce came in here and emptied the tank," McPhee added.

Hired four years ago on Thanksgiving Day, Boudreau went 201-88-40 in the regular season but struggled in the playoffs, exiting in the first or second round each time. This season he tried a new approach, emphasizing accountability and the willingness to bench his star players — team captain Ovechkin



Caps coach Bruce Boudreau was fired on Monday, ending a four-year tenure in which the Capitals won the Southeast Division each season. Many said the players tuned him out this year.

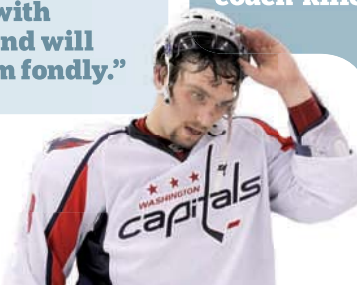
## Fast Reaction

**"It's never easy to let a coach go, and Bruce was a popular personality who helped turn around our franchise. Despite what transpired on the ice this year, I always will be thankful for Bruce's time with the Capitals and will remember him fondly."**

**TED LEONISIS**  
THANKING BRUCE BOUDREAU FOR HIS SUCCESS IN WASHINGTON EVEN AS THE COACH WAS FIRED ON MONDAY.

**"This will be a blemish on [Alex's] record. After the cameras caught him, apparently, cursing Boudreau on the bench, he's going to have to overcome a bit of a coach-killer image."**

**TOM BOSWELL**  
THE WASHINGTON POST COLUMNIST IN AN ONLINE CHAT ON WASHINGTONPOST.COM ON MONDAY. HE SAID BOUDREAU'S FIRING REFLECTS POORLY ON ALEX OVECHKIN, LEFT.



## Timeline

### 2007

Bruce Boudreau is named as Glen Hanlon's successor on Thanksgiving.

### 2008

Boudreau wins coach of the year after leading the Caps to their first division title in seven years.

### 2009

The Capitals beat the Rangers in seven games — their first playoff series victory since reaching the Stanley Cup finals in 1998.

### 2010

After winning the Presidents' Trophy for the best regular season record, the Capitals surrender a 3-1 series lead and are eliminated in the first round of the playoffs by Montreal.

### 2011

**April:** The Caps are swept by Tampa Bay in the Eastern Conference semifinals.

**Nov. 1:** Boudreau benches Alex Ovechkin for the final minute of regulation as the Caps rally to beat Anaheim, 5-4.

**Nov. 21:** Boudreau wins 200 games the fastest of any NHL coach.

## Another First-Timer



**Dale Hunter** has coached the London Knights of the Ontario Hockey League for 11 seasons, compiling a 451-189-23-24 record.

He became the fastest coach in OHL history to reach 300 and 400 career wins. Like Bruce Boudreau, who was promoted from Washington's minor league affiliate in the AHL to replace Glen Hanlon, Hunter is getting his first NHL coaching job in Washington. "Coaching's coaching, and he's been coaching at a good level and at a high level," Capitals General Manager George McPhee said. "The same questions were asked of Bruce when he came here, and he had an outstanding record." (AP)

included — as punishment for subpar performances.

The Capitals started 7-0 — a franchise record for consecutive wins to begin a season — but have since slumped badly. They have dropped six of their past eight games, including a 5-1 loss Saturday night to a Buffalo Sabres team missing nine regular players.

Ovechkin has only one goal in the last eight games. McPhee said that the team's highest-paid player will remain its captain despite his struggles.

Boudreau turned around a moribund franchise when he was hired in 2007, leading the Capitals to the first of four consecutive Southeast Division titles and winning the coach of the year award in 2008. Nicknamed "Gabby" for his colorful remarks, he brought an offensive philosophy that meshed well with Ovechkin and the team's other "young guns" such as Alexander Semin and Mike Green, but he was never able to go deep in the playoffs.

Boudreau had the team adopt a more defensive mindset during a losing streak last season, but the Capitals were swept by the Tampa Bay Lightning in the second round of the postseason.

"Sometimes it's like having the same teacher for five years. How would you have liked to do that in high school? It's hard sometimes," McPhee said. "So you make the change and hope that a new voice and a new way of doing things and a new focus gets the best out of these players." HOWARD FENDRICH (AP)

# DC Rider



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## Your Devices Still Aren't Safe

**Q** My brother had his iPad stolen right out of his hands while riding the Orange Line into D.C. from New Carrollton a couple weeks ago. Metro transit police told him his best chance of catching the guy was to notify them if he saw him on the train again, which didn't seem particularly helpful. Why are these types of incidents not being talked about more?

Really sorry to hear that happened. I think there has been a reasonable amount of publicity about the theft of electronic devices on Metro, including warnings from the transit authority.

**Dr. Gridlock** offers commuter counseling online at [washingtonpost.com](http://washingtonpost.com).

**Q** I commute from D.C. to Silver Spring using the bus or the Metro. I've been waiting and waiting for the new transit station to open, but progress seems almost nonexistent. What's holding up this project? Is there any chance we'll see it before spring?

I heard by the end of the winter. The big hang-up was back before the concrete and steel started to rise out of the pit. There were some issues about utility relocation. Since that got resolved, the project — in my view — has made steady progress. But I understand travelers' impatience with this. The buses were relocated several years ago.

**Q** I have read that D.C. Council members Tommy Wells and Muriel Bowser have introduced a bill that would lower the general speed limit for the District from 25 mph to 15 mph. That is just insane. All it does is increase auto emissions and damage automatic transmissions. Please tell me that there's no chance for this bill to become law.

I understand the sentiment but that's a school zone speed limit, not a neighborhood limit. I haven't asked police or ped safety officials about this yet, but I suspect they'd tell me it would be extremely difficult to enforce and probably not worth the cost of changing all the signs.

**Q** Have the rules regarding parking at Metro stations changed? I had parked at the station and tried to leave using my SmartTrip card, but the thing said it had a negative balance. I was a little puzzled at that because I knew I had gotten my Smart Benefits as usual, and it was only halfway through the month. I got into a different line and paid with a credit card. The next day, I checked my balance and it was positive. I went through the fare gates without difficulty.

Yes, the rules have changed. Your description reads like a case of parking benefits versus transit riding benefits, mixed in with your personal purse, which can be used any way you want. Your benefits office should be able to tell you exactly how this new division applies to you.

## Almost Finished

This is the last weekend of the year of major disruptions for track work during off-peak hours:

► From 10 p.m. Friday through the midnight closing on Sunday, free shuttle buses will replace trains between the Rhode Island Avenue and Glenmont stations. The Brookland, Takoma, Silver Spring, Forest Glen, Wheaton and Glenmont stations will be closed. The Fort Totten station will remain open for Green and Yellow line trains only.

► From 10 p.m. Friday through the midnight closing Sunday: Free shuttle buses will replace trains between Cheverly and Deanwood. Trains will operate between New Carrollton and Cheverly every 20 minutes. (THE WASHINGTON POST)

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## Local

# Safeway Jabs Walmart

Grocer plans to use covenant with D.C. to block rival retailer

## Washington

Walmart's new plans for a store at the long-neglected Skyland Town Center in Ward 7 has a major obstacle: Safeway.

The supermarket, which is across the street from the proposed Walmart site, has a covenant from the 1990s that prevents a competitor — such as the world's largest retailer — from locating in certain portions of Skyland and selling groceries.

Mayor Vincent C. Gray's administration is quietly trying to work out a compromise with Safeway as the mayor trumpets his success in persuading Walmart to become the town center's anchor. Gray, a Democrat, and Walmart representatives announced this month the retail giant's plans to open six stores in the city, including one at Skyland. A year ago, Walmart said it planned four stores.

At the announcement, the



Gloria Whitfield leaves the Ward 7 Safeway in 2007. The store on Alabama Avenue SE wants to keep the Walmart planned for the area from selling groceries.

administration said it was trying to resolve land disputes at the Skyland site, which city officials say could be developed in 14 months. The District has spent more than \$12 million settling eminent domain cases, according to city officials.

However, the Gray administration did not disclose the city's covenant with Safeway, which dates to when the grocer closed a store at Skyland and relocated across the street. Walmart plans to offer an array of grocery and food options at Skyland, including a deli coun-

ter and bakery, which could violate the covenant.

Safeway, a California-based grocer that has 15 stores in the District and is one of the city's top private employers, said it has spoken with D.C. officials about the covenant.

"We want to be cooperative, but there is a reason that the covenant is in place to protect our interests," said Craig Muckle, Safeway's manager of public affairs and government relations.

(THE WASHINGTON POST)

## More Tests Sought for White House Shooting Suspect

### Washington

Federal prosecutors have asked for additional psychiatric evaluations of a man accused of firing shots at the White House in an attempt to kill President Obama.

An initial evaluation found that Oscar Ramiro Ortega-Hernandez is competent to stand trial, but prosecutors filed a motion Monday asking for further tests.

A judge granted a defense



Oscar Ramiro Ortega-Hernandez is accused of shooting at the White House.

request to delay Ortega's preliminary hearing until the motion is argued. Ortega is due back in court Dec. 12.

Authorities say Ortega used an assault rifle to fire up to nine shots at the White House from his vehicle on the evening of Nov. 11, when Obama was out of town.

Court documents allege the Idaho Falls, Idaho, native has referred to Obama as the Antichrist. (AP)



**Wish Denied:** Walt Disney Co. is scrapping plans for a 500-room resort hotel at the National Harbor development in Prince George's County. Disney in 2009 announced the purchase of 11 acres for the planned hotel, but a spokeswoman says the timing for the project is not right. County officials expected the company to serve as a critical component of the sprawling retail, residential, office and hotel complex. (AP)

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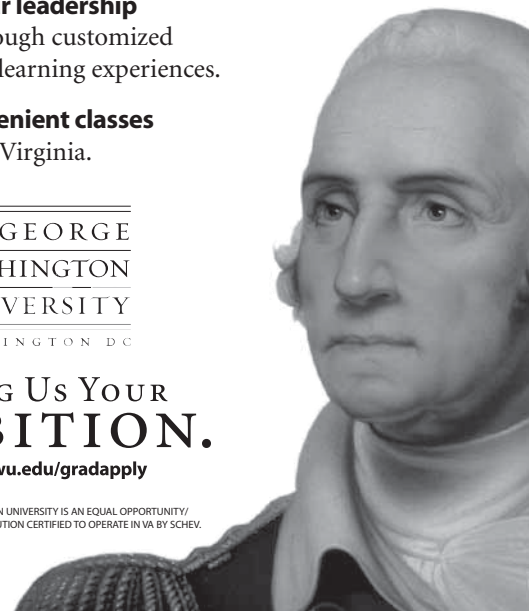
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# Local



Southwest's lobsterman statue is a replica of the one made for the 1939 World's Fair.

## Lobsterman Memorial To Stay on SW Waterfront

### Washington

A lot will have changed on the Southwest Waterfront once a \$2 billion redevelopment effort wraps up in a decade or so. But it appears the lobsterman will remain.

Not a live lobsterman, mind you, but the little-known Maine Lobsterman Memorial, which has graced the quay a few steps south of Cantina Marina since 1983.

The Portland Press Herald reported this weekend that Sen. Susan Collins, R-Maine, has made a special effort to guarantee the memorial will be preserved, dealing with Delegate Eleanor Holmes Norton, D-D.C., to make sure a lobsterman proviso is added to

the federal legislation necessary to proceed with the redevelopment plans.

Norton told the Press Herald she's fine with writing the statue into the statute: "The Lobsterman lives, he thrives in this new development. ... He will be front and center."

Developers says they'll pay for the cost of the move, either to parkland or closer to the retail portion of the complex.

The statue, which is a 1970s bronze replica of the plaster original, made for the 1939 New York World's Fair by artist Victor Cahill, was donated by a chapter of the Camp Fire Girls and depicts H. Elroy Johnson of Harpswell, Maine.

MIKE DEBONIS (THE WASHINGTON POST)

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<b>Monday, Nov. 28</b>	<b>Maryland</b>
<b>District</b>	Mid-day Pick 3 ..... 3-9-8
Mid-day Lucky Numbers ..... 7-6-4	Evening Pick 3 (Sun.) ..... 9-6-3
Evening Lucky Numbers (Sun.) ..... 0-1-5	Mid-day Pick 4 ..... 2-2-6-3
Mid-day DC 4 ..... 5-2-5-2	Evening Pick 4 (Sun.) ..... 3-5-2-3
Evening DC 4 (Sun.) ..... 5-1-7-5	Match 5 (Sun.) ..... 1-7-9-14-28 (2)
Mid-day D.C. Five ..... 4-9-1-3-0	<b>Virginia</b>
Evening D.C. Five (Sun.) ..... 3-7-2-4-1	Mid-day Pick 3 ..... 4-4-9
	Evening Pick 3 (Sun.) ..... 5-1-9
	Mid-day Pick 4 ..... 2-6-2-5
	Evening Pick 4 (Sun.) ..... 0-6-9-6
	Mid-day Cash 5 (Sun.) ..... 3-10-13-18-32
	Evening Cash 5 (Sun.) ..... 1-4-12-13-18

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

# \$1K

The amount a customer paid at Georgetown restaurant Serendipity3 for a chocolate sundae on Nov. 19. The "Golden Opulence Sundae" has now been recognized by the Guinness World Records as "the most expensive sundae priced at \$1,000," according to a press release from the restaurant. (THE WASHINGTON POST)



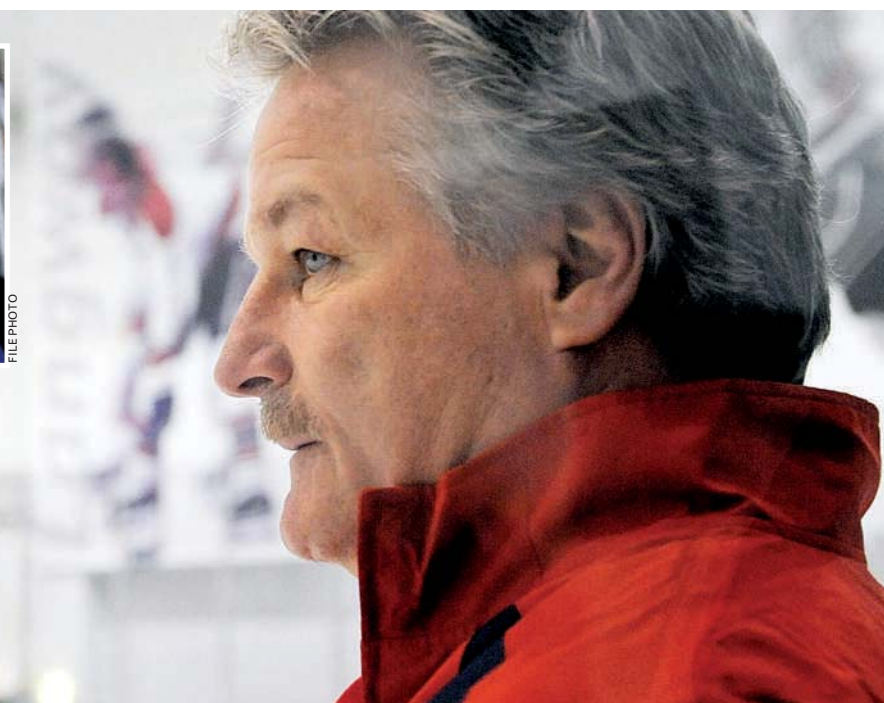




FILE PHOTO

## Backstory

Dale Hunter, 51, played for the Capitals from 1987 to 1999, the last five seasons as captain, and is one of four players to have his jersey number retired by the franchise. He played 19 NHL seasons and is the only player in league history with 1,000 points and 3,000 penalty minutes. His career total of 3,563 penalty minutes ranks second all-time. (AP)



PATRICK MCDERMOTT/GETTY IMAGES

# Hunter's Mentality

New coach should change the Capitals' culture

**Just a few days** after the four-year anniversary of Bruce Boudreau's taking over the Capitals, Washington fired the team's all-time winningest coach on Monday. Taking his place will be Dale Hunter, a former Capitals star who won more than 400 games as coach of the Ontario Hockey League's London Knights. At his introduction on Monday, Hunter pledged to change the Caps' game plan, highlighting the need for responsible defense and a turn away from run-and-gun hockey, but there's more to Hunter than x's and o's. Here's what Hunter will bring to a team in need of a jump-start. REED S. ALBERS

## More accountability

Upon his arrival four years ago, Boudreau was described as a players' coach. As the team climbed in the standings, Boudreau became more lax with his stars and the work ethic suffered. When it came time for Boudreau to become a disciplinarian, he outright failed.

Hunter enters with a history of playing the tough-coach role, despite his claims of being a players' coach himself. "The players will know when I'm mad at them. Everyone makes mistakes out there, but if you continue to make mistakes, there will be repercussions," he said.

Current Caps and former London Knights Dennis Wideman and John Carlson noted the coach's tough streak. "I think I was one of the better players ... there and I certainly didn't get a free pass," Carlson said.



**"He was a true leader: His presence, the way he played just made you want to follow him."**

— FORMER CAPITAL PETER BONDRA, DISCUSSING HIS OLD TEAMMATE, DALE HUNTER, WHO ON MONDAY BECAME THE COACH OF THE CAPITALS. HUNTER IS EXPECTED TO MAKE WASHINGTON A TOUGHER TEAM.

## A coach who knows both sides

Boudreau spent much of his career as an AHL superstar but never broke into the NHL. His career was defined by offensive hockey, and that's what he preached in Washington. In Hunter, the Caps get a franchise legend who excelled in both offense and defense. Hunter is fondly remembered by fans for his ability to produce points and for a mean streak that once landed him a 21-game suspension for a hit on former New York Islander Pierre Turgeon.

"Dale was a grinder later in his career," general manager George McPhee said. "Earlier in his career he could make a play. He was a smart player. He adapted as his abilities changed."

## A new intensity

A word being thrown around Monday to describe Dale Hunter was "intense." When he was a player, his style of game revolved around hitting. As a coach in the OHL, he expected up-tempo play with a focus on dump-and-chase tactics and forcing the opposition to earn goals, Wideman noted.

It's a style that the team's former Knights believe could bring about a new intensity to the locker room after Boudreau's system seemingly sapped the energy from the team.

"I think it's going to be a good fit here," Wideman said. "We're going to change the way we play a little bit."

## Swengali

## Boudreau Did a Lot For the Capitals

**Much of what** will be written this week about Bruce Boudreau's tenure as the Capitals' coach will focus on what he didn't do.

He didn't implement enough discipline; he didn't get the most out of Alex Ovechkin the past two years; he

didn't take advantage of a franchise-best start to this season; and, of course, he didn't win a Stanley Cup.

All are valid points, and the timing of Boudreau's firing was probably right. Let's not forget, however, what Boudreau accomplished since he took over on Thanksgiving 2007.

His style made the Capitals the game in town in Washington. Bou-

## Boudreau made the Capitals the game in town in Washington.

Boudreau inherited a team that had missed the postseason the previous five years, and he reached the playoffs in each of his four years. Last week, he achieved his 200th victory faster than any NHL coach ever had. Even now, his former team has a winning record (12-9-1) despite a month-long slump.

Without Boudreau — whose quick turn of phrase earned him the nickname "Gabby" and also won over D.C. sports fans — the Capitals wouldn't have been expected to challenge for a championship in recent years.

It became evident that the coach was never going to take Washington to the next level, and given the team's talent level, that wasn't acceptable.

It's a shame, though. Boudreau made the nation's capital a hockey town, but he won't get the chance to finish what he started.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com



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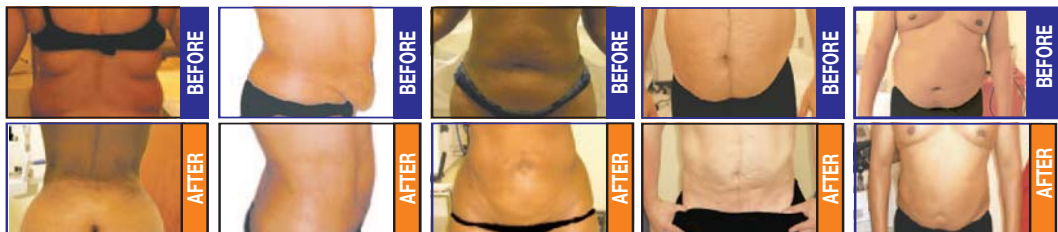
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The NIH Clinical Center, America's research hospital, is located on the Metro red line (Medical Center stop) in Bethesda, Maryland. Parking is provided at no cost.



Eunice Kennedy Shriver  
National Institute of Child Health & Human Development

## Sports

# Helu Cements His Spot as a Starter

Rookie makes a big splash as Redskins show some resilience

### The Redskins

Roy Helu is becoming too productive to ignore. Give the Redskins rookie a start, and he's good for about 150 yards of total offense.

At least that's what happened the first two times he got the nod. He piled up 41 yards rushing and 105 receiving against the San Francisco 49ers on Nov. 6 but found himself back at second-string the next week. Now he's coming off a 162-yard day — 108 rushing, 54 receiving — and a leap-the-defender touchdown in a 23-17 win over the Seattle Seahawks that broke a six-game losing streak.

Coach Mike Shanahan is dealing with uncertainty at many positions as he heads into December with a team that is 4-7, but the running back position looks settled — for now. "He's our starter, for sure," Shanahan said Monday.

Helu was part of a day of Redskins resilience. Anthony Armstrong finally caught another pass — his first in five weeks — and it was a big one, a 50-yard touchdown grab that gave Washington the lead in the fourth quarter. It was the team's longest completion of the season, and it more than doubled Armstrong's yardage total for 2011.

DeAngelo Hall, who a week ago said he ought to be cut because of



Roy Helu's leapfrog against Seattle led to a key score for the Redskins Sunday.

the way he was playing, made the game-clinching interception in the final minute. Rex Grossman completed 74.3 percent of his passes for 314 yards, both season-highs. A defense that allowed 27 points against the Dallas Cowboys a week earlier clamped down, proving the Redskins still have some pride despite the longest losing stretch in Shanahan's head coaching career.

"It's tough," Shanahan said. "That's what you're in this game to do, is to win. But at the same time, when you're around a football team that's giving you everything they've got, you feel good. ... That's why I feel good about the character of this football team, and it was nice to find a way to win because they deserved to win." (AP)

### Gano's Job Still Safe

Coach Mike Shanahan said that the Redskins are not planning to bring in kickers to audition for Graham Gano's spot this week, even though he had a 23-yard field goal attempt and an extra point try blocked Sunday in Seattle. Two weeks ago, Gano missed two field goals in a loss at Miami. The next week, he missed two more field goals in an overtime loss to Dallas. (TWB)





# Meyer Lured Back to Ohio State

Native Buckeye will return to coaching after 1 season off

## College Football

Urban Meyer is returning to coaching — and to his roots.

The former Florida coach and native Buckeye will take over at Ohio State, a program with a glittering past that has suffered through a difficult year of NCAA violations, suspensions and a 6-6 record.

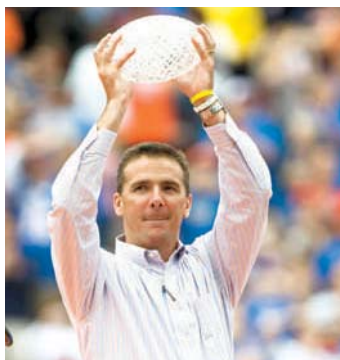
The school made the announcement official at a news conference on Monday afternoon. Numerous reports stated that Meyer agreed on

a multiyear contract that could pay him almost \$6 million a year

After wild speculation for weeks about Meyer and Ohio State, ESPN reported on Monday morning that the two sides had reached an agreement. Meyer has been a game analyst for the network for the past year.

Meyer won two national championships in six years as the coach at Florida. He left the Gators a year ago, citing health concerns and a desire to spend more time with his family. Now, the 47-year-old will return to the place where his college coaching career began in 1986.

Earle Bruce, the head coach



Urban Meyer won two national titles in his six years as Florida's head coach.

at Ohio State when Meyer was a graduate assistant, has remained a close friend and confidant of Meyer's through the years. He said he

had no concerns about Meyer's health issues.

"Well, if he'd had a heart attack and his heart was bad, I'd be worried about that," the 80-year-old Bruce said on Monday. "I think he got everything back under control by sitting out a year. I think he missed football. And he's good at it."

Meyer takes over a program that is likely facing NCAA sanctions and was crippled by the forced resignation of coach Jim Tressel. The Buckeyes completed their only season under interim Luke Fickell with a 40-34 loss to Michigan on Saturday that snapped a seven-game winning streak for their rivals. (AP)

## Chopping Block

On the day that Urban Meyer filled the opening at Ohio State, two high-profile jobs opened up in the Pac-12 on Monday:



► UCLA fired coach Rick Neuheisel on Monday after four disappointing seasons in charge of his alma mater.

Neuheisel will be allowed to coach the Bruins (6-6, 5-4 Pac-12) in Friday's Pac-12 title game at Oregon.

► Arizona State fired coach Dennis Erickson after a fourth-straight season of failing to live up to expectations. After winning the league's coach of the year in 2007, the 64-year-old finished with a 31-30 record in five years in Tempe. (AP)

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# Sports

## Hokies Excited For ACC Rematch

Va. Tech can avenge loss to Clemson and win league's crown

### Hokies Football

From the moment Virginia Tech coach Frank Beamer shook hands with Clemson's Dabo Swinney after a 23-3 loss at Lane Stadium, Beamer and the Hokies hoped they would get a rematch.

They will — Saturday's ACC championship game. And things look much different now.

The No. 5 Hokies (11-1, 7-1) haven't lost since that Oct. 1 game and played their most complete game Saturday, a 38-0 victory against Virginia; the No. 21 Tigers (9-3, 6-2) started 8-0 but have lost three of four, including a 34-13 loss to South Carolina on Saturday night.

The Hokies are thrilled not only to be going to the game for the fourth time in five years and fifth time in seven, but to be getting a chance to avenge their only loss of the season.

"Nobody was really talking about it, but everybody wants it," redshirt sophomore quarterback Logan Thomas said. "We didn't play



8 P.M.  
Sat. | ESPN



### Top of the League

Virginia Tech and Clemson dominated the all-Atlantic Coast Conference football teams. Nine Tigers and eight Hokies made either the first or second teams, which were announced on Monday. Hokies running back David Wilson, who led the league with an average of nearly 133 yards per game, was a unanimous first-team selection. (AP)

our best ball that day, and, hopefully, we can get them this time."

The biggest difference in the Hokies might be Thomas, who threw for just 125 yards that day while still favoring an injured shoulder but has emerged as one of the ACC's top players.

He led the Hokies on a winning drive in the final minutes the next week against Miami. In Virginia Tech's seven-consecutive victories, he's thrown for 14 TDs and run for nine, and his 10 rushing touchdowns overall set a new record for a quarterback in Beamer's 25 seasons. (AP)

### TV Lineup

**CAPITALS (7 P.M., CSN)** In Dale Hunter's first game as coach, the Capitals host the St. Louis Blues.

**TERPS MEN'S HOOPS (7:30 P.M., ESPN)** As part of the ACC-Big 10 Challenge, Maryland takes on Illinois.

**MEN'S COLLEGE HOOPS (7 P.M., 9 P.M., ESPN; 9:30 P.M., ESPN)**

Virginia tips off against Michigan, Miami plays Purdue, and Duke visits Ohio State in more ACC-Big 10 action.

**PRO HOCKEY (7:30 P.M., VERSUS)** The Pittsburgh Penguins play the New York Rangers.



### RANKINGS

#### Back on Top

Kentucky is back at No. 1 in The Associated Press' college basketball poll for the first time since the 2009-10 season. The Wildcats (6-0) replaced North Carolina, which had been No. 1 since the preseason poll, on Monday. The Tar Heels lost to UNLV on Saturday. (AP)

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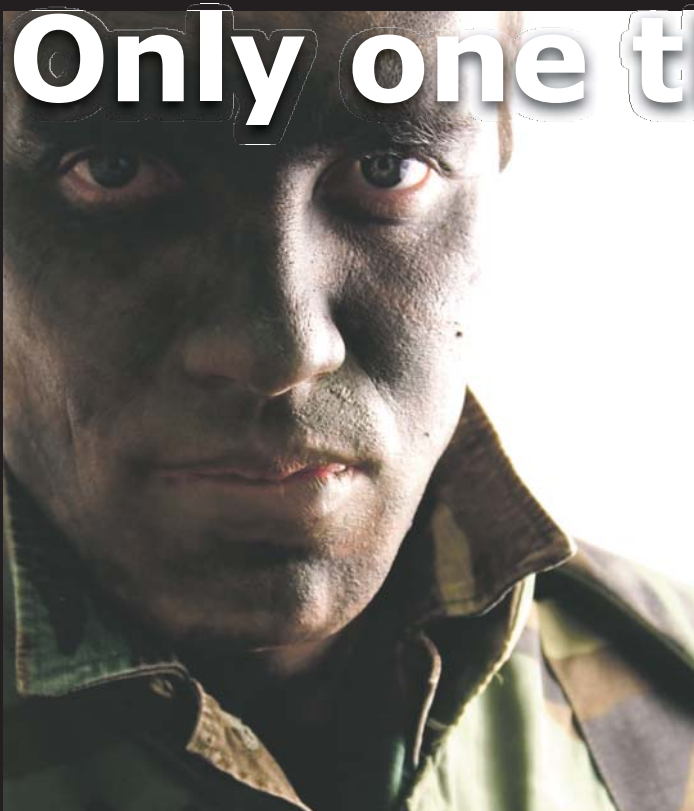


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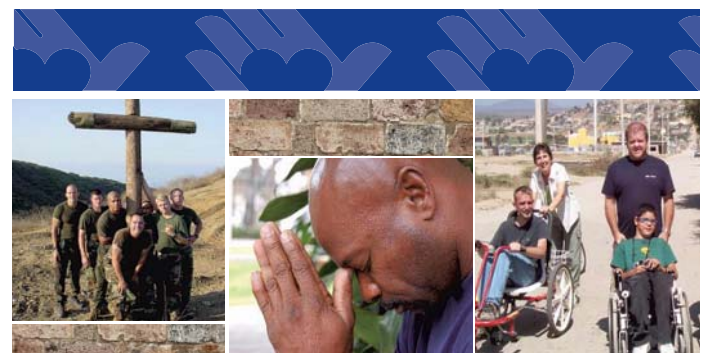
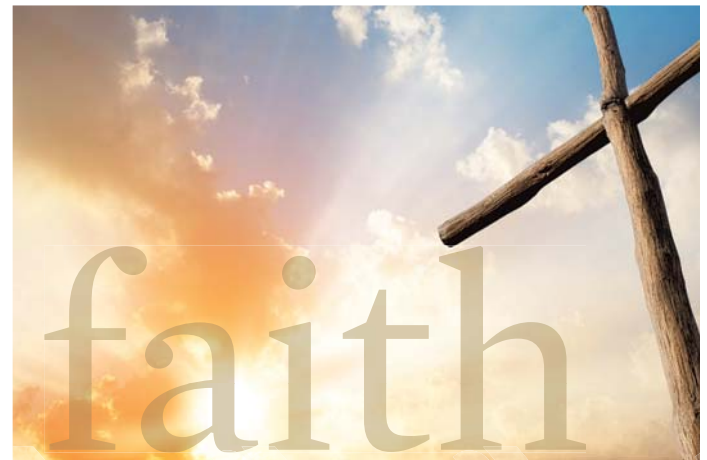
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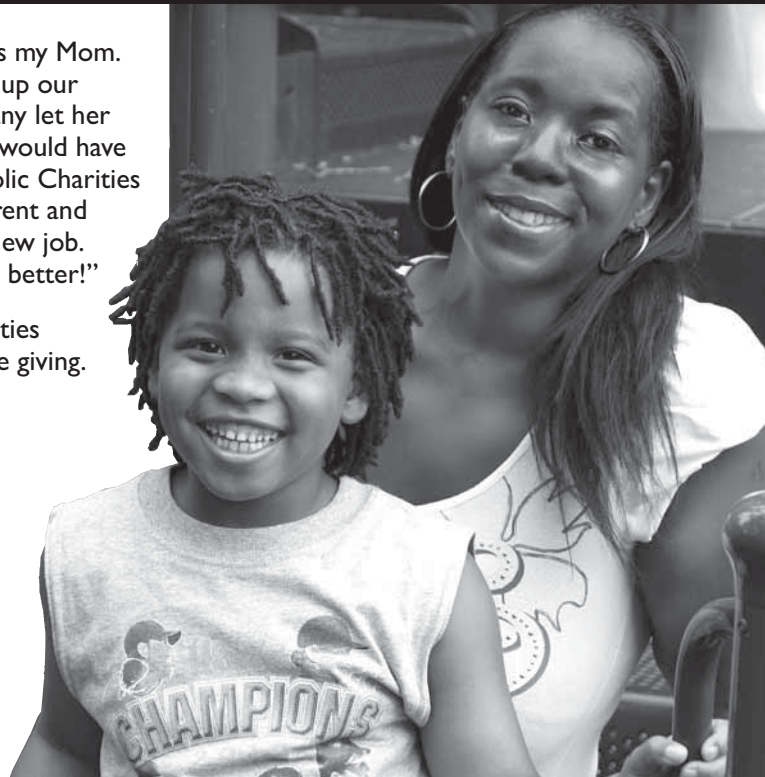
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# fit



## Guinea Pig | G.I. Know

Was it the Brie, the baked goods or the booze that caused your gastrointestinal testiness this weekend? Track your behavior and its effects on what you leave behind in the bathroom with the iPhone app Bowel Mover (\$3 for Pro, free for Lite with ads). In addition to keeping a running log of toilet visits, stress level and diet, it graphs the info to help users find patterns. You also have the option to add notes about the texture of your stool and to share your "results" on Twitter.

# Holiday Helpings

A trainer shares tips on stretching, exercising and dealing with family

**It might be the** most wonderful time of the year, but it doesn't always feel that way to folks who are balancing their health with an abundance of holiday cheer. "You may be good about your diet normally, but you still have to go to the holiday party and eat something," says trainer Monica Vazquez, who was in charge of a hotline (1-855-I-AM-FULL) that Washington Sports Clubs staffed over Thanksgiving. Operators are no longer standing by, but we asked Vazquez a few questions we suspect people will have throughout the season.

**I'm stuck in the kitchen all day. Are there any exercises I can do while I cook?**

Put a lot of things you'll need on top of the fridge, and put a step stool there, so you're climbing up and down. That can get your heart rate up. Grab cans of cranberry sauce to do biceps curls and lateral raises. Find a kitchen chair and do squats sitting onto it, but just barely grazing the seat. You definitely have a kitchen timer. Tell yourself you're going to do it nonstop for one minute three times. I've also seen my husband do push-ups off the counter.

**I'm traveling in a car/plane/train to get to my family for the holidays. What are your suggestions for stretches to do along the way?**

Sitting wreaks havoc on the hip flexors. They wrap around the lower back, and so it gets tight.

If you get up — say, to go to the bathroom — put one leg in front of the other. It's a small step you can do it in a tight space. Then, keeping the back leg straight, lean over with only your hips. You'll feel a wonderful stretch on your hip. Hold for 30 seconds and then do the other leg. The other thing is the figure-four stretch, which I've done on planes. Put your right ankle over your left knee. Then take your right hand on right knee, push down and lean your torso away from the knee you're pressing. It stretches the lower back. Then lace your fingers together, lift your arms overhead and reach left and then right. You won't be distracting your neighbors more than [if you were] adjusting the air.

**My family makes fun of me for wanting to exercise. How do I**



ISTOCKPHOTO

**"You can say, 'When I eat rich things, my stomach bothers me.' ... Bring up the endorphins you get from exercise. Tell them, 'I feel better after a morning run.'"**

**deflect their jokes — and maybe even get them to join me?**

I lost 65 pounds. I remember that first Thanksgiving after and everybody said, "You're already so skinny. You don't need to do that." What I've learned is vanity isn't an acceptable reason, but health is. So you can say, "When I eat rich things, my stomach bothers me and that makes me feel bad. I just don't want to feel sick." I don't know why, but people push

## Suggestions

### Drop, Then Shop

If you're looking for a good warm-up before hitting the mall, Vazquez recommends the burpee: Squat, put your hands on the ground, jump your feet into push-up position, then hop back and up into the air. "You're jumping to the ground like you're reaching something low, then you're jumping up like you're reaching for something high on a shelf. It also works your reaction time, which will help you in dodging crowds," she says. She suggests parking far away to log some extra steps going back and forth to your car. *V.H.*

less and are more accepting when you say that. You can also bring up the endorphins you get from exercise. Tell them, "I feel better after a morning run. I'll enjoy it more." You can also remind your relatives that this is a good time to step away and talk about family drama. Say, "I find this is a good way to de-stress before Aunt Crazy or Uncle Gossip comes over" or "I want to get away from Mom and Dad," and you'll be able to pull a few partners in crime away.

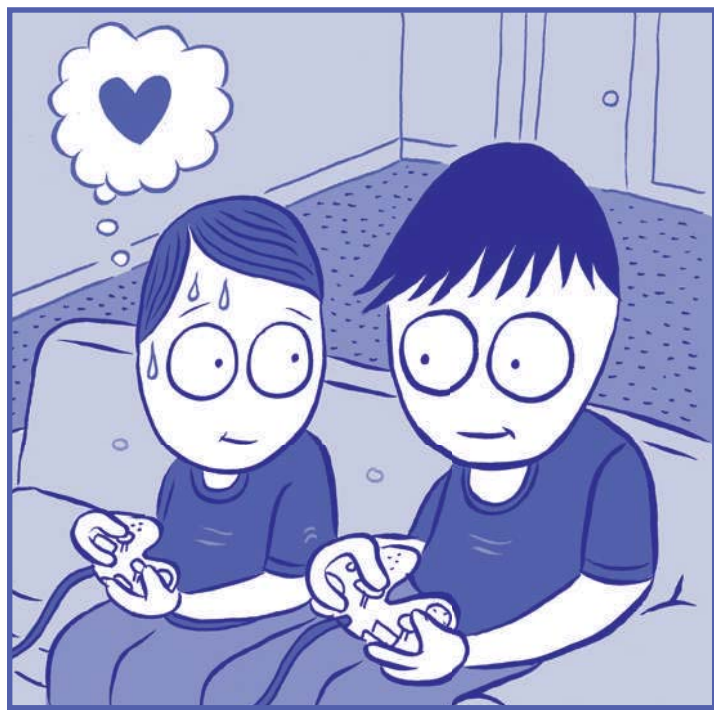
**My home will be stuffed with tons of visiting relatives. How do I find space (and time) to exercise?**

A bathroom workout. No shame from this girl. You can do jumping jacks, do squats on the toilet. If people have a hard workout, what do they say the next day? "I had a hard time getting off the toilet." That's because it's a squat. You can do triceps dips off the side of the tub. Even if it's just a few minutes of alone time, it can be beneficial. And if you don't want anyone to hear you, run the water.

VICKY HALLETT (EXPRESS)



# baggagecheck



## Stupid Actions But Smart Choice

**Q** Just wanted to state my views on the woman who wrote about her (ended) affair with her co-worker [on Nov. 22]. This woman needs to take responsibility for her stupid actions. The married man was wrong to cheat on his wife, but this woman is also wrong for having an affair with him. If she leaves the job, then her employer is paying for her mistakes. Did this woman really believe it was going to end better? **ANNOYED**

I'm a big believer in the two-to-tango concept. But people have the right to leave their jobs and start fresh for their own personal or professional development, and perhaps part of her growing up involves doing just that. And we don't know what he led her to believe or what kind of power dynamics were at work. Of course, she probably believed it would end better — most people don't go into a relationship fantasizing about its fiery and nauseating demise. Did she make a mistake? Certainly, and she's to blame for her fair share. But sticking it out at a workplace where she isn't comfortable — and where she probably won't be a particularly functional or efficient co-worker — won't be good for anyone.

## Best Friends or Boyfriends?

**Q** I'm a single gay man in love with my best friend. I always find myself thinking about him and wanting to be around him. I get so jealous when he's hanging around other people. I've tried not talking to him and being a complete a-hole, but I always apologize so I can be around him again. I would never want to lose his friendship, but I can't help but want more. **SECRETLY HOPING**

Ultimately, it comes down to a realistic analysis of your odds (Has he given you any signals? Do you have any trusted friends in common who could give you an honest assessment?) and a cost-benefit analysis. Which would bother you more in five years: that you might have had a romantic chance with him but never took the risk to find out — even though your friend-

ship remains intact — or that the friendship fizzled because things got weird when you went for it?

Each way has pros and cons, of course, and there's the (fingers crossed!) chance that neither will matter since perhaps it's meant to be. Good luck! Either way, I'd recommend nixing the a-hole scheme. That won't get you anywhere, friend or boyfriend.



By Dr. Andrea Bonior

**@** Send your questions to Dr. Andrea Bonior at [baggage@readexpress.com](mailto:baggage@readexpress.com). Andrea is a local clinical psychologist and author of the book "The Friendship Fix" ([friendshipfix.com](http://friendshipfix.com)).



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### Event Horizon

### What's In Store?

In case you missed the Black Friday sales, you'll have another chance to score a deal if you line up early at the new Silver Spring City Sports (8510 Fenton St.; [Citysports.com](http://Citysports.com)) on Saturday. The first 100 people in after the doors open at 10 a.m. will receive gift bags and a chance at the grand prize: a free pair of shoes per month for a year. Stick around for a 10:30 a.m. 5K fun run — all participants get a free T-shirt — and a store party that ends at 1 p.m.

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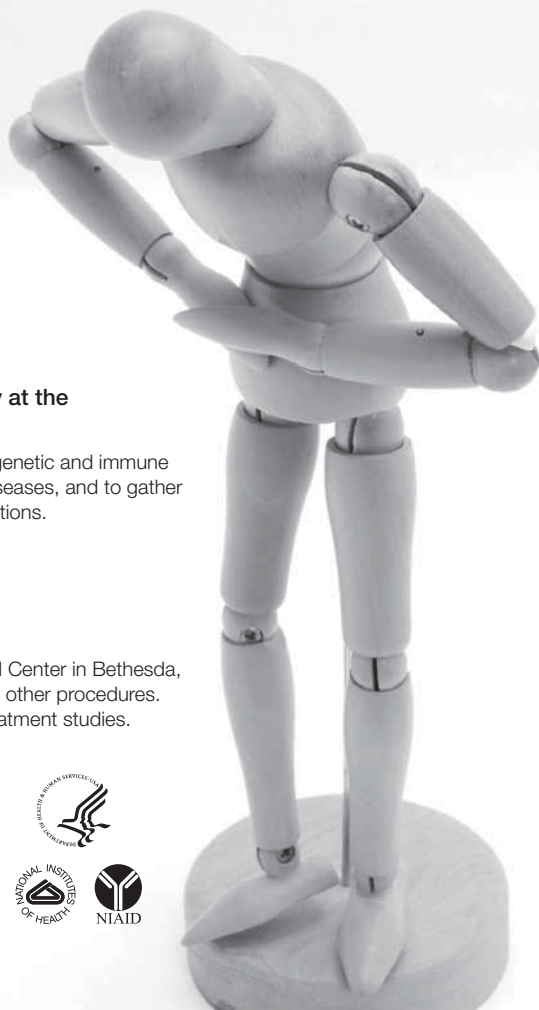
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## fit phys ed

# Up Your Workout With Just One Lift

The snatch improves strength, balance and range of motion

Behrad Salimi walks onstage at the 2011 World Weightlifting Championships in Paris. In one quick movement, he hoists a barbell loaded with 470 pounds over his head. The crowd erupts. The Iranian weightlifter has set a new snatch world record.

Salimi made tossing the weight of a full-grown grizzly above his head in less than two seconds look easy. But the snatch is one of the most difficult lifts to master. It's basically a deadlift, barbell shrug, jump squat and overhead squat performed consecutively in one fluid motion. Hence the reason you don't see most guys pounding out reps at the gym.

When done correctly, though, the move is extremely effective. It employs nearly all of your muscles and activates your fast-twitch muscle fibers — the muscles with the greatest potential for size and strength.

Want to get the benefits of this Olympic lift without actually heaving a barbell over your head? Try

### How to Do It

Brown recommends starting with a 35-pound kettlebell. Stand with feet shoulder-width apart, holding the kettlebell at arm's length in front of you. Swing the weight between your legs, and then pull it forward along a vertical path in front of your body in one fluid motion. When the bell reaches chest height, flip it over as you push the kettlebell overhead. "When the weight is at eye level, quickly punch upward to make it rotate around without slamming into your arm," Brown says. J.Y.

the single-arm kettlebell snatch, which is easier to master. "The kettlebell snatch trains your entire body in one move," says Jason C. Brown, creator of the Kettlebell Athletics training system. Add this functional exercise — a move that works the body in its full range of motion and incorporates balance and stability factors — into your routine to build muscle and rev your metabolism. JILL YAWORSKI (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)



ISTOCKPHOTO



# Find Family Values

Give chef Ming Tsai \$10 and 30 minutes, and he'll make dinner tasty and nutritious

Preparing a healthy dinner for four people in half an hour — on just a \$10 budget — sounds like a challenge straight out of “Top Chef.” This set of constraints is a daily reality for many families on food stamps.

“But it’s not as hard as you’d think,” says chef Ming Tsai of Blue Ginger in Wellesley, Mass. He’ll prove it tonight at the Omni-Shoreham, where he’ll be joined by three other James Beard Award-winners, including “Top Chef” judge Tom Colicchio, for the Great American Family Dinner Challenge (see box).

Although Tsai can’t spill the beans on what exactly he’ll be serving, there’s a high probability of chicken thighs. “I eat them all of the time. It’s a delicious piece of meat,” he says. So it’s a bonus that if you buy them in bulk, bone-in, you can get them for next to nothing. Other ingredients he recommends for getting a ton of nutrition and taste for your buck: Greek yogurt and quinoa, both of which he always has in his home kitchen.

Nothing will be prepped

Chef Ming Tsai will probably use chicken thighs for his entry in the Great American Family Dinner Challenge in D.C. tonight.



COURTESY PARTNERSHIP FOR A HEALTHIER AMERICA

ahead of time for the challenge, so 30 minutes is all the chefs are going to get. That’s critical for Tsai, who wants the families judging the food to realize they can make these same meals at home. “You don’t have to be an incredible chef, and you don’t need two hours. I don’t have two hours,” he says.

Tsai suggests using lazy Sundays to lay the groundwork for a week of dinners. “Get a bag of onions, dice them up and caramel-

**“You don’t have to be an incredible chef, and you don’t need two hours.”**

ize them. Add some garlic, cool and store,” he says. Then when you’re making tomato sauce on Tuesday, you don’t need to get out a cutting board. He’s also a fan of making too much. For Thanksgiving, for instance, he buys a turkey twice as big as necessary so he can use leftovers for sandwiches, soups and other meals.

In recent years, he’s found simple ways to make his own family celebrations healthier. “I used to be more excessive with fats, and did three to four proteins for a big meal. You don’t need to do that. It’s all about the sides anyway,” says Tsai, who’s also managed to tweak

## Details

The Great American Family Dinner Challenge is part of the Partnership for a Healthier America’s inaugural (and already sold-out) “Building a Healthier Future” Summit, which will feature keynote speaker Michelle Obama. The chefs in charge of tonight’s banquet face another challenge: The meal will cost just \$4.50 per person, the amount the average family spends on dinner.

some of the standard dishes. His stuffing’s made with whole-grain bread, and the rice is now a 50/50 brown and white combo. “No one notices. You just have to soak the brown rice for an hour after you wash it,” he adds.

He’s also backed off the butter and salt, opting for lemon juice, olive oil and vinegar. Tsai’s secret weapon: soy sauce. You’ll end up adding less sodium than if you’d used salt because soy sauce has more flavor, he promises.

Deliciousness is essential to Tsai, who says chefs must teach others that healthy food can taste good — even to children. “The easiest way to get kids to eat broccoli, cauliflower or spinach is to start a pan with olive oil and sliced garlic. That smell in a pan has kids running. They don’t care what’s in it,” he says.

If parents take that lesson to heart, it’s clear to Tsai who will come out on top tonight. “When families learn they can do this, too, that’s the real win-win,” he says.

VICKY HALLETT (EXPRESS)

## Recipe File

### HEALTHY HOLIDAY SPICE COOKIES

#### Ingredients

- 2 tablespoons butter, softened
- 2 tablespoons unrefined palm sugar or jaggery

- 3 packets stevia
- 1/4 teaspoon baking powder
- 1/8 teaspoon nutmeg
- Pinch ground cloves
- 2 tablespoons pureed cooked, peeled sweet potato
- 2 tablespoons egg white
- 2 teaspoons vanilla extract, divided
- 1/2 cup whole-wheat pastry flour
- 1 tablespoon flax seed meal
- 2 tablespoons fat-free cream cheese, softened



MATTHEW MEAD/AP

## Makes 12 Cookies

Heat the oven to 375 F. In a medium bowl, combine the butter, palm sugar, 2 packets of stevia, the baking powder, nutmeg and cloves. Add the sweet potato, egg white and 1 teaspoon of the vanilla. Beat in the flour and flax seed meal.

Shape the dough into a flat disk, place it between two sheets of wax paper and use a rolling pin to make it 1/8-inch thick. Place the dough in the freezer for about 10 minutes.

Peel off the top sheet and cut out

12 cookies. Place the dough cutouts on a cookie sheet lined with parchment paper. Bake for seven to eight minutes, or until the tops are just dry and edges are just starting to brown.

In a small bowl, combine the cream cheese, the rest of the stevia and the vanilla. Whisk until smooth. Decorate cookies with icing. (AP)

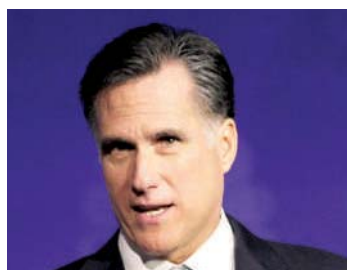
**#** 53 calories; 2g fat (37 percent calories from fat) (1g saturated); 5mg cholesterol; 7g carbohydrate; 1g protein; 1g fiber; 45mg sodium.

# lookout



**Love and Other News**  
Anne Hathaway is set to marry her boyfriend, Adam Shulman **41**

## Speaker Of the Blouse



SCOTT OLSON/GETTY IMAGES

## Locks on the Vote

**The New York Times** claims to run "all the news that's fit to print," choosing the top scoops for its front page. Last week, the Times added Romney-Hair (no, not Romney Care) — the candidate's hairstyle — to A1 relevance, running a lead story on Romney's longtime barber, Leon de Magistris.



By Katherine Boyle

It's campaign season, so news can get a bit kooky. But, despite appearances, Romney's "impeccably coiffed black hair" reveals much about the candidate and society. **► Hairdressers know us.** We routinely trust them to snip our numb-yet-visible appendage. This intimate ritual means we often reveal our deepest fears and hopes while in the chair. Romney and de Magistris, "talk about everything but hair." What are they yacking about? The Patriots' record? Tebowing? The man with scissors knows something. **► Hair spotlights habits,** tastes and peccadillos. Romney's coiff is controlled and hasn't changed in decades. Does it say something about his character? The Times thinks so. **► Hair sells.** Beauty mags that tease styling tips on their covers sell best. Romney's hair may not get him votes, but it will move papers. Journalism is hurting. Give us a break.

@ Read Katherine's previous columns at: [expressnightout.com/speaker](http://expressnightout.com/speaker)

# The cloud Of Music

**Apple, Google and Amazon.com** have each launched the missing puzzle piece in their wireless mobile music systems. Apple enabled storage and delivery of your songs over the Internet through iTunes Match. Google started selling music digitally. Amazon shipped an electronic-books device, called the Kindle Fire, that does much more than books. With those additions, each system now lets you buy songs, store them on faraway computers called the cloud and retrieve them wirelessly on devices connected to the Internet. But which system is right for you? Here's a simple primer on each. RYAN NAKASHIMA (AP)

## iTunes Match



If you own an Apple product, there's a good chance you are familiar with iTunes. The add-on iTunes Match, a \$25-a-year service, sees everything you have in iTunes and matches it to copies Apple already has stored in the cloud. Songs not already there will be uploaded from your computer to a personal locker in the cloud.

It's the lone one among the three to let you download songs to iPhones and iPads wirelessly. That means a full copy of the song is stored for listening anytime, rather than streamed over wireless networks, which can be spotty.

You can have up to 25,000 songs

on the service, plus an unlimited number bought through iTunes — great for those with large music collections. Most of you won't fit 25,000 songs on your device, so streaming is an option for songs you haven't downloaded yet. **► One major caveat:** You need an Apple device to use this, and specifically a newer one with Apple's iOS 5 mobile software. You're out of luck if, say, you have a phone running Google's Android system.

## Google Music

Using Google's free Music Manager program, you upload music you own into Google's cloud. Unlike Apple, Google doesn't have songs preloaded, so this can take hours or days.

**A winner?  
Not yet.**

**Although there are things to like about Google's and Amazon's systems, they both favor streaming, which isn't how most listen to music when not at a computer. Apple's iTunes Match is fundamentally more oriented to work with downloading in mind, and it meshes well with your existing library, either on your device or on your computer. Ultimately, music in the cloud has promise, but it hasn't fully delivered just yet.**

Google Music works best with an Android phone or tablet computer. You simply download the Google Music app to your device and your songs will be available for streaming. You can save songs for offline playback by "pinning" them.

The service stores up to 20,000 songs, not including those bought through a companion music store run by Google. That's not as many as iTunes Match, but it's free.

In addition, if you buy from Google's music store, you can share the songs with friends on its Google Plus social network. They get one full listen for free — something that's not available anywhere else.

**► Two downsides:** Google's store isn't as extensive as Apple's or Amazon's. For instance, it's missing songs from Warner Music Group. Google Music also isn't a great option for users of Apple devices — it works in Safari, but you can't store songs on iDevices for offline use.

## Amazon Cloud Drive

The new Kindle Fire completed Amazon's music system, though it's not required. It works fine on Android devices through the Amazon MP3 app.

Released in March, Amazon's cloud storage system is free for up to 5 gigabytes of storage — roughly 1,250 songs.

Amazon's uploader works about the same as Google's. It could take hours or days to get your songs into the cloud. But once there, you can stream or download songs to the Kindle Fire or to Android devices.

Like Google, Amazon sells songs and albums at a discount to iTunes, and its long-running music store has a selection comparable to iTunes'.

**► One downside:** You'll likely have to pay for cloud storage, as with iTunes Match. Having 5 GB of storage for free is kind of meaningless because most mobile devices have that already.



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KYLE GUSTAFSON/TWP

**1 Swamp Tales**

As a member of Animal Collective, Dave Portner has been making experimental pop music for more than a decade. Yet he didn't get around to releasing his first solo album (as Avey Tare) until last fall. "Down There," written during a painful divorce, skews darker than most AnCo material, and its swampy, beat-driven vibe should translate nicely live. **U Street Music Hall, 1115A U St. NW; Wed., 8 p.m., \$10; 202-588-1880. (U St.-Cardozo)**

**2 Birthday Blues**

What did you do on your birthday? The protagonist of Samuel Beckett's "Krapp's Last Tape," which begins its weekend run tonight, listens to an audiobook he made on a previous birthday and feels depressed! That makes your laser tag game look good, eh? Professional "Hey, it's that guy!" John Hurt stars. **Shakespeare Theatre's Lansburgh Theatre, 450 7th St. NW; through Sun., \$75-\$95; 202-547-1122, Shakespearetheatre.org. (Archives)**

**3 Love/Hate Relationship**

Fans of "Pride and Prejudice" generally fall into two groups: the ones who swoon over the ultimate Regency rom-com and the ones who love Austen for satirizing contemporary courtship practices. The second group HATES the first group. Round House's clever, romantic holiday production should satisfy both sides. **Round House Theatre, 4545 East West Hwy., Bethesda; through Dec. 31, \$25-\$60; 240-644-1100, Roundhousetheatre.org. (Bethesda)**

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## lookout TV tonight

# A Welcome Revival

TNT's new six-movie series culls from the pages of crime fiction

### Film

**TNT  
9:00**

Watch television long enough, and every popular format goes out of style just long enough to return again. Television movies have been neglected almost to the point of extinction. The annual Emmy Award judges are often hard-pressed to find enough movies to nominate, and they are generally drawn from British-made PBS fare and a handful of films from HBO.

Just as mystery and romance novels rarely make the pages of literary book reviews, the guilty pleasure movies on Lifetime and the throwaway romantic comedies from Hallmark hardly ever garner awards.

But just when they look all but forgotten, TV movies return to TNT in a serious way. The network that



In "Scott Turow's Innocent," Bill Pullman, center, plays a judge accused of murder.

has attracted large audiences with "The Closer" and other police procedurals will present a series of movies based on best-selling crime fiction. It begins tonight with "Scott Turow's Innocent," starring Bill Pullman, Marcia Gay Harden, Alfred Molina and Richard Schiff. In the film, Pullman plays Rusty Sabich, a judge accused of killing his wife.

Future installments in the six-film series include "Hide," star-

ring Carla Gugino and Mark-Paul Gosselaar, based on a book by Lisa Gardner. An adaptation of Richard North Patterson's "Silent Witness" will star Dermot Mulroney, Michael Cudlitz and Anne Heche.

There's no telling whether any of these movies will be showing up come Emmy time. But it's heartening to see a revival of one of television's most durable genres.

KEVIN MCDONOUGH (UNIVERSAL UCLICK)

### Best Bets

**CW  
8:00**

**90210** Former model Janice Dickson guest-stars as herself, witnessing Holly (Megalyne Echikunwoke, shown) and Nao-mi's embarrassing moment at a fashion show. Dixon is confronted by temptation as he tries to reboot his music career.



**HIST  
9:00**

**The Epic History of Everyday Things** This two-hour special follows a typical man through a typical day, pausing to tell the fascinating stories behind the things he uses and encounters, including toothpaste, coffee, mirrors and computers.

**FOX  
9:30**

**Raising Hope** Comedian Andrew Dice Clay, guest-starring as himself, hosts a convention for inventors, which Burt enters. With the help of his neighbor, Andrew, the duo create a new yogurt line.

**FX  
10:00**



### Sons of Anarchy

Faced with a challenge that threatens the future of both SAMCRO and his family, Jax (Charlie Hunnam, shown) must overcome great obstacles as he attempts to finalize the gun deal with the Cartel. (TRIBUNE MEDIA)

### Underwear



### Fashion Party

This year's "Victoria's Secret Fashion Show" (10 p.m., CBS) features performances from Nicki Minaj, shown; Maroon 5; and Kanye West and Jay-Z. Viewers can also look forward to the unveiling of the \$2.5 million Fantasy Treasure Bra, as models Adriana Lima, Alessandra Ambrosio, Candice Swanepoel, Miranda Kerr, Doutzen Kroes, Lily Aldridge and Erin Heatherton walk the runway at the annual event in New York. (TM)



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## Online

## Blog Log



“Who knew that dropping acid and playing Xbox was the way to climb the corporate ladder?”

—**BLOGS.PHILLYMAG.COM** was a bit surprised to hear that AJ Daulerio, former editor of men's lifestyle website Deadspin.com, will now take over as editor-in-chief of Gawker.com. Daulerio once wrote a story about when he dropped acid and played MLB2K11 on Xbox in an attempt to re-create Pittsburgh Pirates pitcher Dock Ellis' 1970 no-hitter, which Ellis claims he threw while high on LSD.

“Of course, the paper will be more expensive because they have to toss a few schillings in the pocket of NBC on every sale, but it's been my experience that office managers absolutely love whimsy and will do anything they can to spice up the office, even if it means spending a little more for some packaging that no one will ever, ever see.”

—**SCREENJUNKIES.COM** isn't particularly impressed with the new reverse product placement effort by NBC for “The Office” with the sale of Dunder Mifflin-brand paper for the holiday season.

“What's unusual about this approach, in my experience, is the transparency about one specific product and its impact. It seems many more companies communicate their environmental successes by talking about what they have left out of the process, or what was theoretically saved by using less-intrusive raw materials or methods.”

—**BLOG.GREENEARTHPR.NET** was impressed with Patagonia, which took out an ad in the New York Times explaining that buying one of its popular jackets is, in fact, more harmful to the environment than not buying one as part of the Common Threads Initiative.

“It's hard to believe it's been almost five years since the always-goofy, ever-fabulous Anna Nicole Smith left this world. From busting on the scene as Playboy's 1993 Playmate of the Year to workin' it in B&W as the Guess girl to her love of rich octogenarians to the hysterical ‘Anna Nicole Show,’ the baby-voiced blonde didn't live a dull moment.”

—**BESTWEEKEVER.TV** celebrates the life of Smith, who would have turned 44 on Monday.

“If Allen Iverson wasn't your favorite NBA player in elementary school, you were probably weird.”

—**@DMVFOLLOWERS** reacts to rumors that the Virginia native and former Georgetown Hoya might be returning to the NBA with the Boston Celtics.

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Help wanted can be found **here.**

Contact us at 202.334.6732 or ads@readexpress.com

express



# Puzzles

## Horoscope

### SAGITTARIUS (Nov. 22-Dec. 21)

You will want to put your fears behind you in order to do that which only you can do. Others are surely depending on you.

### CAPRICORN (Dec. 22-Jan. 19)

You may have something of a relapse as you sink into a rut that you thought you had climbed out of for good. It's temporary.

### AQUARIUS (Jan. 20-Feb. 18)

You'll enjoy watching someone else take the reins and steer a project in the right direction on his or her own.

### PISCES (Feb. 19-March 20)

What you've been teaching has certainly been learned — at least by a special few who will put their knowledge on display.

**ARIES (March 21-April 19)** It's time to open your home, and enjoy spreading cheer to others in your neighborhood. You can't remain isolated forever.

**TAURUS (April 20-May 20)** You may feel left out as others engage in group activities that you would no doubt take to very quickly if you were invited.

**GEMINI (May 21-June 20)** You'll want to keep your eyes and ears open as you take a journey through unfamiliar territory. Many lessons can be learned.

**CANCER (June 21-July 22)** You may think that you're in a hurry, but in fact, time is very much on your side. You can afford to take a little more time.

**LEO (July 23-Aug. 22)** What comes across as a straightforward warning may deserve a little closer examination; a hidden meaning comes through.

**VIRGO (Aug. 23-Sept. 22)** Take care that you don't misinterpret someone else's casual behavior as meaning more than it does. This may just be wishful thinking.

**LIBRA (Sept. 23-Oct. 22)** If you share your complaints with the right person, he or she will surely be able to do something.

**SCORPIO (Oct. 23-Nov. 21)** You will want to complete one phase of a project before you move on to the next; now is not the time to attempt any multitasking.

## Scrabble Grams

PAR SCORE 195-205, BEST SCORE 257

E <sub>1</sub>	I <sub>1</sub>	Y <sub>4</sub>	L <sub>1</sub>	T <sub>1</sub>	R <sub>1</sub>	B <sub>3</sub>

Double Word Score

RACK 1

A <sub>1</sub>	O <sub>1</sub>	P <sub>3</sub>	P <sub>3</sub>	T <sub>1</sub>	G <sub>2</sub>	S <sub>1</sub>

1st Letter Triple

RACK 2

A <sub>1</sub>	I <sub>1</sub>	O <sub>1</sub>	N <sub>1</sub>	N <sub>1</sub>	G <sub>2</sub>	L <sub>1</sub>

RACK 3

A <sub>1</sub>	A <sub>1</sub>	E <sub>1</sub>	Y <sub>4</sub>	D <sub>2</sub>	R <sub>1</sub>	R <sub>1</sub>

RACK 4

### Yesterday's Solution

L <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	G <sub>2</sub>	U <sub>1</sub>	O <sub>1</sub>	R <sub>1</sub>	RACK 1 =	58
A <sub>1</sub>	D <sub>2</sub>	A <sub>1</sub>	G <sub>2</sub>	I <sub>1</sub>	O <sub>1</sub>		RACK 2 =	8
F <sub>4</sub>	A <sub>1</sub>	S <sub>1</sub>	C <sub>3</sub>	I <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	RACK 3 =	63
B <sub>3</sub>	R <sub>1</sub>	E <sub>1</sub>	V <sub>4</sub>	I <sub>1</sub>	T <sub>1</sub>	Y <sub>4</sub>	RACK 4 =	95
PAR SCORE 140-150								TOTAL
								224

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

7					3	8		4
9					2			3
		2	8					
1				5				
4	7		3		6		8	5
				4				6
					1	3		
8			2					9
3		1	9					8

### Yesterday's Solution

6	2	4	1	8	3	9	7	5
9	5	3	2	4	7	1	8	6
1	7	8	6	9	5	4	2	3
3	9	5	7	2	8	6	1	4
7	6	1	5	3	4	8	9	2
4	8	2	9	1	6	5	3	7
5	1	6	3	7	9	2	4	8
8	3	9	4	5	2	7	6	1
2	4	7	8	6	1	3	5	9

### Need more Sudoku?

Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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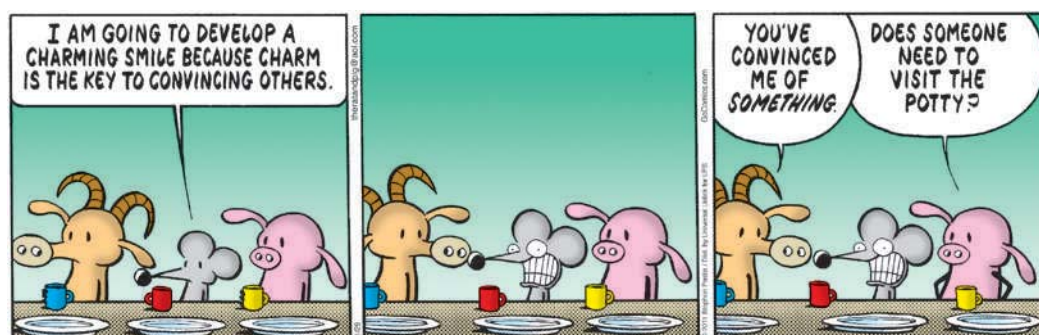
## Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast

**61 | 42**

**Today:** Breezy today with rain. Partly cloudy and breezy tonight.

**54 | 38**

**Tomorrow:** Partly sunny tomorrow. Mainly clear tomorrow night.

### Looking Ahead

THU	FRI	SAT
52   38	55   38	48   37

### Sun and Moon

Sunrise today: 7:05 a.m.  
Sunset today: 4:47 p.m.  
Moonrise today: 10:51 a.m.  
Moonset today: 9:37 p.m.

### Almanac

Normal high: 53  
Record high: 74  
Normal low: 37  
Record low: 15

FORECAST BY ACCUWEATHER.COM ©2009

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# Puzzles

## Crossword

## REJECTED REMAKES

### ACROSS

- 1 Crime scene barrier
- 5 Reclusive Garbo
- 10 Partner of 6-Down
- 14 More than bad
- 15 A noble gas
- 16 Perform some pressing work?
- 17 Bad title choice for a Lucas remake?
- 20 Prefix for "season" or "tend"
- 21 Add to the pot
- 22 Used the phone
- 23 Castaway's home
- 25 Mall unit
- 27 Patella's joint
- 29 Bill with a pyramid
- 30 "Rumble in the Jungle" fighter
- 33 Military training group
- 36 Curl up with a good book
- 38 Sermon response
- 39 Bad title choice for a Sinise remake?
- 42 Algerian port
- 43 Not cluttered
- 44 Dump emanations
- 45 Plaything
- 46 Overhead trains
- 47 Pinch pennies
- 49 Mine entrances
- 51 Jimmy's predecessor as president
- 55 Makes butter
- 58 Land on the Caspian
- 60 "Mamma \_\_\_\_!" (Broadway musical)
- 61 Bad title choice for an Anthony Quinn remake?
- 64 \_\_\_\_-ran (loser)
- 65 Sharp-eyed bird
- 66 Fairy-tale heavy
- 67 What a frightened horse may do
- 68 Fencing tools?
- 69 Office bigwig

### DOWN

- 1 Adagio, allegro, moderato, etc.
- 2 Says assuredly
- 3 Computer-screen dot

1	2	3	4		5	6	7	8	9		10	11	12	13		
14					15						16					
17				18						19						
20				21					22							
23				24				25	26							
				27				28		29			30	31	32	
33	34	35					36	37				38				
39						40					41					
42						43					44					
45					46				47	48						
				49					50		51			52	53	54
55	56	57						58	59					60		
61							62						63			
64						65							66			
67						68							69			

EDITED BY TIMOTHY E. PARKER

- 4 Bulldog booster
- 5 It's big in Latin America
- 6 Go on and on
- 7 Borders
- 8 Rocky hill
- 9 Powerful snake
- 10 Annie Oakley's firearm
- 11 Nutmeg skin
- 12 Cast a ballot
- 13 Geraint's spouse
- 18 Type of meat or laughter
- 19 Cab charge
- 24 "Rubber Capital of the World"
- 26 Glass-clinkers' proposals
- 28 Author Hemingway
- 30 Firing-range rounds
- 31 Lounge lizard's look

- 32 Stopovers for the road-weary
- 33 Crotchety old-timer
- 34 Spherical hairstyle
- 35 Heavy, low cart
- 37 In-flight announcement
- 38 Calculating reptile?
- 40 New face on base
- 41 Recitation of prayers
- 46 Novelist Ferber
- 48 Some colorful marbles
- 49 Garden spot
- 50 Prolonged battle
- 52 Southwest sidekick
- 53 Whopper tellers
- 54 Hamlet and Ophelia, e.g.
- 55 Pre-Communist Russian ruler
- 56 Flag location, on a golf

- course
- 57 Heavenly bear
- 59 Get one's goat
- 62 Prefix for "hazard"
- 63 Certain tennis shot

### Yesterday's Solution

1	A	N	G	S	T	6	S	E	C	T	10	H	A	T	H
14	C	O	O	E	E	15	P	L	O	W	16	A	T	E	E
17	I	N	F	E	R	18	E	L	M	O	19	S	T	A	R
20	D	E	L	R	21	U	L	E	O	F	22	T	H	U	M
23	Y	E	A	S	T	24	A	Y	E						
27	S	T	A	L	I	N	28	B	A	C	K	D	R	O	P
34	O	K	E	N	35	P	U	R	E		36	E	W	E	
37	E	R	I	E	38	M	A	T	E	D	39	E	D	N	A
40	A	M	T	41	S	A	N	T	A	42	E	T	H	E	L
43	W	E	E	44	T	I	N	G	S	45	E	N	T	E	R
46	A	L	I	47	T	A	T	E	R						
48	K	I	S	49	S	O	F	D	E	A	50	T	H	51	E
52	D	O	S	53	E	E	L	S	54	U	T	I	L	E	
55	W	I	L	E	56	S	C	A	T	57	S	E	N	S	E
58	I	D	O	L	59	T	O	N	Y	60	E	A	G	E	R

## Today in History

### 1864



A Colorado militia kills at least 150 peaceful Cheyenne Indians in the Sand Creek Massacre.

### 1961

Enos the chimp is launched from Cape Canaveral aboard the Mercury-Atlas 5 spacecraft, which orbits Earth twice before returning.

### 1991

Seventeen people are killed in a 164-vehicle pileup in a dust storm on Interstate 5 near Coalinga, Calif.



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### SEE BELOW Don't Ask Kris Humphries What He Thinks, Though

Hugh Jackman tells NPR that he's losing 3 to 4 pounds every night he performs in his new musical, "Hugh Jackman: Back on Broadway." "We started a week ago, and they've already taken my pants in three times." He is, however, having a great time: "I sometimes pinch myself that I'm getting the chance — it's like ultimate karaoke." (EXPRESS)

### JOURNALISM

#### Yes, Brief TV Recaps Are Now Considered News

According to a clip from "Kourtney & Kim Take New York," Kris Humphries mocked Kim Kardashian for her weight. In the scene in question, shot right after their honeymoon, Humphries remarks, "This outfit is so cute." He picks her up, then later remarks, "God, you ate a LOT of wedding cake!" Friends tell Usweekly.com that this is typical behavior. (EXPRESS)



JAMIE MCCARTHY/GETTY IMAGES

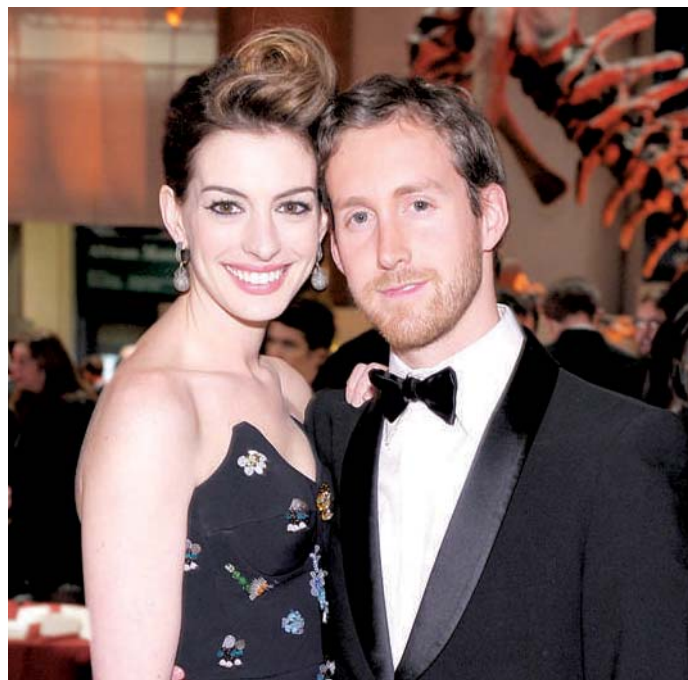
The demonization of Kris Humphries continues. Next, he'll dislike animals.

### Substances



#### Secret Ingredient In Cake Not Love

Miley Cyrus' rep tells TMZ.com that the singer was being a "smart-ass" — not a stoner — when she said, of a cake at her 19th birthday party, "You know you're a stoner when friends make you a Bob Marley cake." The cake and comment were inside jokes, said the rep. Pal Kelly Osbourne calls Cyrus "Bob Miley." (EXPRESS)



MICHAEL LOCCISANO/GETTY IMAGES

Scientists bred Anne's fiancé using genes from Ryan Gosling and Scott Caan.

### UPGRADES

#### 'Yay, He's Not A Criminal!'

Anne Hathaway is engaged to actor Adam Shulman, her boyfriend of three years, her rep confirmed in a statement. The pair got together after Hathaway split from Raffaello Follieri, who pleaded guilty in 2008 to defrauding investors by posing as a real estate consultant for the Vatican. Hathaway told Marie Claire U.K. this past August that Shulman "totally ruined my [post-breakup] plan. I was really actually looking forward to a little alone time, and then I fell in love like a fool!" (EXPRESS)

**"I have not had one  
(I am only 36!!!).  
But, I will take all  
of the talk about  
how rested and  
young I look as a  
compliment!"**



— KATE GOSSSELIN  
DENIES HAVING UNDER-  
GONE A FACE-LIFT, VIA  
HER NEW COUPONCAB-  
IN.COM BLOG. THEN SHE  
SEGUES INTO FINDING  
SKIN CARE DEALS.



### HIGHWAY ROBBERY

#### 'That's 1/10,000th of My Hard-Earned Money. Sigh.'

Tobey Maguire has decided to settle a lawsuit over his winnings from a convicted con man during high-stakes Hollywood poker games. The actor agreed to pay \$80,000 to settle the lawsuit filed over the more-than \$311,000 he was paid by a convicted Ponzi scheme operator in Texas Hold 'em matches. The money will be used to repay victims of the scheme, of which Maguire was unaware. (AP)

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